

# *perspective*

October 2008 Vol. 36 No. 2

A NEWSLETTER for WESTPORT'S SENIORS

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*United Way of Coastal Fairfield County ,  
Westport Commission for Senior Services and  
Weston Department of Social Services present*

**Aging Successfully:  
AN OPEN PUBLIC FORUM**  
to discuss the first and only national  
non-profit solution for senior transportation  
as created by our guest speaker:



**Katherine Freund**  
Founder, President of ITN America  
(Independent Transportation Network)

**Center for Senior Activities 5-7pm**

**Monday, October 20, 2008**  
*All are welcome !*

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## Did You Know That...

**"We Do Walkways"** offers help by middle school students who will rake leaves or shovel snow. Suggested fee of \$10 an hour. Call Margaret Pinheiro 341-1050.

**energy assistance** is available for those 60 and over with income of up to \$38,279 for a household of two and asset limits of \$25,000 excluding home and car. Call 341-1050 for an appointment. Applications taken from September 15, for fuel season November 1, 2008– March 16, 2009. There is help also, for younger households who are income eligible.

**ConnPACE** cards are now permanent, that is you will not be getting a new one each year. However, each year you must reapply to continue your benefits. Income guidelines for ConnPACE assistance with drug costs are: single person \$23,700 and \$31,900 for a couple. Call Maybeth Wirz 341-1072 with questions. [www.connpace.com](http://www.connpace.com)

**Medicare part D (drug coverage) enrollment period** is from November 15– December 31. Please review your future benefits for 2009 when deciding to continue with your present insurer or to make a change. For assistance call CHOICES 1-800-994-9422 or Maybeth Wirz 341-1072.

**December 30 is the deadline to apply for the Property Tax Deferral program.** Households with a maximum of \$75,000 are eligible for 100% deferral and households with an income of \$75,000-\$100,000 may defer the tax increase only. **Sewer tax deferral deadline 11/17.** Apply by going directly to the Assessor's Office in Town Hall or call the Department of Human Services if you need assistance 341-1050.

in our March newsletter, in an **effort to be "green"**, the Dept of Human Services asked those who would be happy to receive this newsletter by e-mail to send their e-mail address to [mwirz@westportct.gov](mailto:mwirz@westportct.gov). Since only a very few have contacted us with the desire to switch to e-mail newsletter delivery, we are assuming our readers are happiest with a 'hard copy', or they may not have internet connections.

on **February 17, 2009 the nation will transition from analog to digital television.** Those who have older, analog sets receiving free, over-the-air service with rabbit ears or rooftop antenna risk losing television service. Purchasing a new TV or a converter box will solve the problem. The government is offering coupons worth \$40 towards the purchase of converter boxes. To request a coupon call 1-888-388-2009. Viewers who get service through a paid provider (cable or satellite) should not be affected.

Department of Human Services	
Senior Services	
Director	Barbara Butler
Assistant Director	Terry Giegengack
Administrative Assistant	Margaret Pinheiro
Social Services Case Worker	Pam Bass
Social Services Case Worker	Sarah Heath
Senior Program Coordinator	Maybeth Wirz
Special Services Social Worker	Sue Lebrija
Senior Services Consultant	Fran Reynolds
Center for Senior Activities	
Director	Sue Pfister
Program Assistant	Joan Joyce
Nutrition Program Coordinator	Joan Upchurch
Secretary	Maureen Seirup
Receptionist	Benjamin Palmer
Commission for Senior Services	
Chairman: Stan Nayer — Members: Al Balas, Teri Klein, Bob McGrath, Sharon Rosen, , Michael Stashower, Kelli Walsh	



**Sunday, November 9—2:00 pm**

**The City Winds Piano Trio** is a distinguished classical music trio that perform concerts throughout the East Coast creating a unique sound. McManus Room.

**Thursday, November 13—7:30 pm**

**Peter Godwin**, author of *When a Crocodile Eats the Sun: A Memoir of Africa* relates a stirring memoir of the disintegration of a family set against the collapse of a country, Zimbabwe. McManus Room.

**Saturday, November 22—2:00 pm**

**Women of Mystery: Rosemary Harris, Jane K. Cleland, Hank Phillippi Ryan**

*Gardens, Antiques and Love* —What else does a woman need? Three accomplished writers of cozy mysteries join in a panel discussion. McManus



## **Independent Transportation Network<sup>®</sup>**



Some residents of Westport and nearby towns are hoping that a groundswell of enthusiasm and fundraising will soon make it possible to offer safe, dignified transportation to seniors 24 hours a day, seven days a week, for any purpose within the service area. ITNAmerica, started in Portland, Maine in 2003, is an innovative, community-supported and economically viable transportation service. With 11 affiliates across the country, several more in the planning stages (two in Connecticut), and inquiries from around the world, founder Katherine Freund has been busy sharing her expertise.

This program is already enabling people to remain independent and active in other forward-thinking regions/cities nationwide. An affiliate in Westport, serving the mid-Fairfield area, would enhance the quality of life for older adults, the visually impaired, caregivers, employers and businesses.

Some of the unique characteristics of the program include: Members can trade their cars to the ITN for an equal value of ride credits in their Personal Transportation Accounts™. Volunteers can earn credits for their own future use, or donate their mileage credits to the Road Scholarship Fund™ for low-income seniors. There is also reciprocity between affiliates across the nation, so a volunteer in Chicago can earn credits and donate them to a parent's account in Orlando.

The innovative concepts behind this program as well as the step-by-step details to make it a reality are supported throughout the affiliation process by ITNAmerica staff. After five years of financial growth through grants, fundraising, and affordable membership and ride fees, each ITN affiliate becomes sustainable and independent of public money.

Katherine's presentation in May at the annual public meeting of the Commission for Senior Services left many in the audience saying "Let's do this!" Since then, growing interest has urged us to invite her back for an Open Public Forum on Monday, October 20, from 5-7 p.m. at the Center for Senior Activities. Please join us. For more information, visit [www.ITNAmerica.org](http://www.ITNAmerica.org).



Westport Weston  
Health District

## WESTPORT WESTON HEALTH DISTRICT

180 Bayberry Lane, Westport, CT 06880-2855  
203-227-9571

### 2008 Flu Clinic Schedule

DATE	SITE	TIME
Thursday, October 2nd	Westport Weston Health District 180 Bayberry Lane, Westport	10:00AM- 2:00PM
Tuesday, October 21st	Weston Library Norfield Road, Weston	9:00AM-1:00PM
Tuesday, November 4th	Westport Town Hall 110 Myrtle Avenue, Westport – (Green Rm)	7:00AM-9:00AM 5:00PM-8:00PM
Tuesday, November 4th	Weston Annex Building (Conference Rm) 24 School Road, Weston	6:00PM-8:00PM
Thursday, November 6th	Westport Senior Center 23 Imperial Avenue, Westport	4:30PM-7:30PM
Wednesday, November 12th	Norfield Church Norfield Road, Weston	1:30PM-3:30PM
Tuesday, November 18 <sup>th</sup>	Westport Library 20 Jesup Road, Westport	9:30AM- 12:30PM

The above clinics are open to anyone 9 years of age or older wishing to be vaccinated. There are no residency restrictions and no appointments are necessary. The cost of the vaccine is \$35 cash.

There is no cost to Medicare Part B participants. **Medicare B participants must bring their Medicare cards to the clinic for billing purposes.**

The Health District will provide Fluzone vaccine manufactured by Sanofi Pasteur. This year's vaccine contains the A/Brisbane (H1N1)-like, A/Brisbane (H3N2)-like, and B/Florida strains, which are thought to most likely occur in the United States this winter.

#### **REMEMBER:**

Wear clothing with loose sleeves or short sleeves.

Check with your doctor if you have a serious egg, chicken, or thimerosal allergy, may be pregnant, are ill with fever, or have/had Guillain-Barre Syndrome.

No one will be refused vaccination due to inability to pay.



## Westport Center for Senior Activities

The Westport Center for Senior Activities is dedicated to enhancing the quality of life for adults 60 years of age and older in a pleasant and safe environment. Please stop in and pick up our quarterly newsletter or visit us on the web at [www.westportct.gov](http://www.westportct.gov). You may also request e-mail announcements of upcoming events by e-mailing Maureen at [MSeirup@westportct.gov](mailto:MSeirup@westportct.gov). The Center is open M-F from 8:30 am-4:30 pm, Thursday until 8:00 pm and Saturday from 8:30 am-noon pm.



### ***Thursday Prime Rib Dinner Night***

Chef Bob LaBrusciano will prepare a delicious prime rib meal featuring a Caesar salad, Prime Rib Au Jus, twice baked potato, fresh dill carrots, dessert and coffee followed by a Slavik Celebration presented by Alice Evans and special guests. Date: Thursday October 23<sup>rd</sup>. Time: 5:00 – 8:00 pm. Cost: \$15.00/person. Reservations are required: please call the Center at 341-5099.

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### ***Feldenkrais: "Awareness through Movement"***

Feldenkrais creates an environment for learning non-habitual patterns of movement. It quiets the nervous system so that you can pay attention to how you move. Instructor, Leigh Scott will facilitate a mat class on Tuesdays and a chair class on Thursdays. Both classes will run from 8:30 – 9:30 am. Registration is required and can be made by calling the Center.

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### ***Y's Men/Center Feature 5<sup>th</sup> Annual Photographic Exhibition***

The 5<sup>th</sup> Annual Photographic Exhibition will take place at the Center from October 24, 2008 – January 5, 2009. The opening reception will be held on October 24<sup>th</sup> from 4:00 – 6:00 pm. Photographs will include the following categories: landscape, waterscape, architectural, portrait, action/motion, nature, critter, general, and Westport/Weston. Please plan to visit!

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### ***Saturday Socials***

Saturday, November 15<sup>th</sup>, "Triple Play" a four piece band will perform from 1:30 – 3:00 pm. Lunch will be served from 12:30 – 1:30 pm. Come and enjoy this fun-filled afternoon of delicious food and great entertainment.

Saturday, December 13<sup>th</sup>, the "Showtime Gymnasts" from the Westport/Weston Family Y will perform their holiday show. These talented gymnasts are recognized throughout the country and have won numerous awards. Performance at 1:00 pm; refreshments will follow.



Each social costs \$5.00/person; reservations are required. Call 341-5099 to register.

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### ***Winter is Coming***

When Westport Public Schools are closed due to inclement weather, the Center will be closed. If the schools have a delayed opening, the Center will operate on a normal schedule. If in doubt, inquire by calling the Center. As always, use your best judgment – safety first!

## **A grassroots solution.....**

In the last 100 years, we have added 30 years to the human lifespan. That is greater than the gains of the previous 50,000 years. We are in the midst of an aging revolution, and it is impacting every aspect of our lives, including transportation.

Most women who stop driving outlive that decision by more than ten years, men by more than six years. With fewer than two percent of all trips taken on public transportation of any kind, that is a long time for our oldest community members to struggle for rides. And asking favors is not a transportation plan.

For older drivers and for their adult children and family members, ITNAmerica® may be an answer. The first, national non-profit transportation network for the aging population, ITN helps communities across the country provide rides in private automobiles, 24 hours a day, seven days a week, for any purpose. Using a combination of paid and volunteer drivers, ITN is sustained through user fares and voluntary local community support. A new member of the transit family, ITN marries information technology to grassroots support to create a system that is sustainable without on-going taxpayer support.

Please join me Monday, October 20, from 5-7pm at the Center for Senior Activities to learn more about how Westport can become a part of this grassroots solution.

Katherine Freund,  
Founder, President: ITN America